

BOOK REVIEW

HELEN HEIBERT. 2006. **Papermaking with Garden Plants and Common Weeds. (Paperback edition).** (ISBN 1-58017-622-4, pbk.). Storey Publishing, 210 MASS MoCA Way, North Adams, MA, 01247, U.S.A. (**Orders:** # 67622, 1-800-441-5700, www.storey.com). \$14.95, 112 pp., color photos, drawings, appendix, glossary, resource guide, index, 9 1/4" × 10".

Papermaking With Garden Plants And Common Weeds is a good resource for crafters and professionals interested in making their own paper from natural materials. Author Helen Heibert has put together a wonderful reference with step-by-step instructions on three methods of papermaking with a variety of natural materials. These instructions include practical advice on keeping records of results with different materials, detailed fiber processing instructions, and sidebars of personal experiences and successes of the author.

The book begins with preliminary information on responsible and safe plant fiber and material collecting. This introductory information is followed by descriptions of the types of possible fibers: bast, leaves, grass and others materials including purchased and recycle fibers. Next she presents the instructions for making four mould types and describes the accessory equipment required with the different papermaking techniques. For the different alkali recipes, she presents step-by-step processing instructions covering cooking, beating, retting, and safety information. In addition to that, she includes information on the additives for protecting and coloring fiber materials with artificial and natural dyes.

Along with the descriptive instructions, the author has also included great color images that highlight the step-by-step instructions for the three various techniques: Western style with a mould and deckle, Japanese papermaking with a sugeta and formation aid (recipes included), and the Nepalese method using a deckle box. There is a helpful troubleshooting section for potential problems that may be encountered during the paper making process. Multiple pressing techniques are also presented with color images and include instructions on how to make your own paper press as well as wet paper handling suggestions and drying techniques.

The author has included projects with instructions of ten different artists who used ten different plant materials and various methods to create paper. A small personal story box is included with each artist's project. Additionally, seven step-by-step projects are presented including: flower petal paper, embedding objects within paper, vegetable papyrus, envelope, lampshade, and accordion book. Following the section on projects is important information including lists of papermaking plants, with common and Latin names, glossary, reading list, and a resource guide.

Author Helen Heibert has provided adventurous crafters with well-guided instructions on paper-making techniques and projects. The techniques are recommended for adults and, due to the chemicals and cooking involved, children with adult supervision. The paper types and projects suggested and included in the book *Papermaking with Garden Plants and Common Weeds* are promising for scrap booking, card making, craft groups, interior design, education, youth projects and many other potential endeavors.—Lee Luckeydoo, *Herbarium, Botanical Research Institute of Texas, 509 Pecan Street, Fort Worth, TX 76102-4060, U.S.A.*